



Mariquita
Farm

Mystery Box List:

Fennel
Cabbage (Red or Green)
Butternut Winter Squash
Baby Carrots (2 bunches)
Parsnips
Spigariello Greens
Celery
White Turnips
Rapini
Leeks
Gold Beets

Julia's vegetable notes: Use the **fennel** like celery in cooked dishes if you don't already have plans for it. I cook it with onions at the beginning of soup and spaghetti sauce. **Butternut** is a winter squash: and it can be baked and eaten just like that; or cooked, pureed, and used in any pumpkin recipe. **Parsnips!**? See our website for parsnip recipes. I like to slice them the long way, toss with olive oil, then bake into parsnip fries. Spigariello: It's an Italian cooking green: related to broccoli. It's not spicy like the rapini, play with it and let me know how you used it! **Rapini:** Cook it up like chard or kale. A classic recipe: clean, chop and cook with garlic and oil in a pan. Then toss the cooked greens with pasta and red chili flakes. **Gold Beets** are great roasted or used in any red beet recipe, and your hands won't stain red.

Julia@mariquita.com || 831 761 8380

Mystery Box

List/Note

Greens Restaurant 2/7/2008

Citrus Party Pack Contents (for those that received it): navel oranges, blood oranges, grapefruit, avocados: All from Bernard Ranches. And two bonus meyer lemons I picked at my friend Sylvia's house in Watsonville: 100% 'backyard' organic.

Parsnips and Carrots with Orange Sauce adapted from epicurious.com

2 cups water

1 pound parsnips, peeled; halved lengthwise, and cut crosswise into 1/4-inch-thick pieces

1 pound scrubbed carrots, halved lengthwise and cut crosswise into 1/4-inch-thick pieces

2/3 cup fresh orange juice

1/4 teaspoon freshly grated orange zest (try to find unwaxed oranges....)

2 tablespoons butter

In a skillet combine the water, the parsnips, the carrots, and salt to taste, simmer the vegetables for 15 minutes, or until they are just tender, and stir in the orange juice. Simmer the mixture for 5 minutes, or until the vegetables are tender, and transfer the vegetables with a slotted spoon to a bowl. Boil the liquid until it is reduced to about 4 tablespoons, remove the skillet from the heat, and stir in the zest and the butter, stirring until the butter is melted. Spoon the sauce over the vegetables.